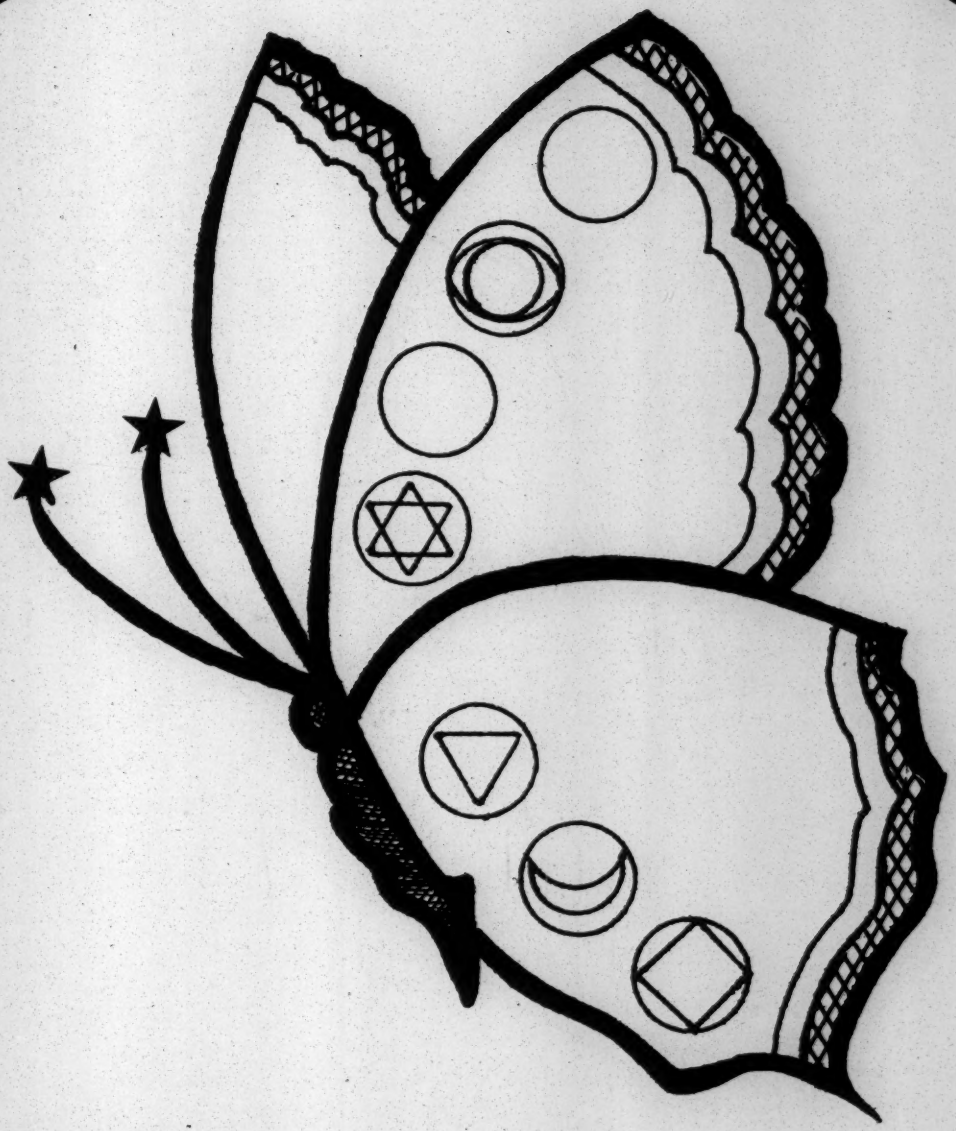
MARCH 1986 APRIL

METAMORPHOSIS



PSYCHIC ENERGY CENTER

LIBRARY CLASSES

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THE **METAMORPHOSIS** IS A QUARTERLY NEWSLETTER OF THE **PSYCHIC ENERGY CENTER** AND ITS MESSAGE IS THAT OF SHARING INFORMATION ABOUT OPPORTUNITIES FOR SELF AWARENESS, GROWTH AND EXPANSION. ISSUE NO. 12

EDITED BY: VICKIE YOUNG AND KRISTINE YORK

STATEMENT OF PURPOSE

THE **PSYCHIC ENERGY CENTER** WAS FOUNDED IN MARCH 1981 BY RUTH SODERSTROM. IT HAS EVOLVED THROUGH THE HELP OF MANY INDIVIDUALS REPRESENTING A WIDE VARIETY OF PHILOSOPHICAL AND RELIGIOUS BACKGROUNDS WHO HAVE GENEROUSLY VOLUNTEERED THEIR TIME AND ENERGIES TOWARD MUTUAL GOALS.

OUR GOALS ARE:

* TO REALIZE AND SHARE THE KNOWLEDGE THAT WE ARE ALL EQUAL. THIS MEANS CHRISTIANS, JEWS, HINDUS, MUSLIMS, AND ALL OTHER RELIGIONS, PHILOSOPHIES, NATIONALITIES AND RACES. OUR DESIRE IS TO REALIZE A STATE OF UNIVERSAL LOVE;

* TO HELP OURSELVES AND OTHERS TRANSCEND THE WORLD OF STRUGGLE AND COMPETITIVENESS WHICH HAS EVOLVED FROM ORTHODOX TEACHINGS AND CONFORMIST SOCIETY;

* TO REALIZE THAT WE ALONE CREATE THE CIRCUMSTANCES IN OUR LIVES. OUR PROBLEMS AND SOLUTIONS ARE NOT CREATED BY GOD, A DEVIL, OR OUTSIDE INFLUENCES. WE CAN IMPROVE THE QUALITY OF OUR LIVES BY CHANGING OUR BELIEFS, ATTITUDES AND ACTIONS;

* TO BRING ABOUT AN UNDERSTANDING OF THE TRUE MEANING OF THE OCCULT, PSYCHIC AND ESOTERIC MOVEMENTS, AND TO ERASE THE STIGMA THAT HAS BEEN ATTACHED TO THESE WORDS THROUGH IGNORANCE SINCE THE DARK AGES.

WE BELIEVE:

* THAT WE ARE ALL OF ONE CONSCIOUSNESS, ALTHOUGH RESPONDING TO LIFE AT DIFFERENT LEVELS ACCORDING TO OUR OWN STAGE OF EVOLVEMENT. BY RAISING INDIVIDUAL LEVELS OF CONSCIOUSNESS WE CAN HELP RAISE THE CONSCIOUSNESS LEVEL OF THE WHOLE OF HUMANITY.

PSYCHIC ENERGY CENTER HOURS

MONDAY - FRIDAY 10:00 AM TO 9:00 PM
SATURDAY 12:00 NOON TO 6:00 PM
(EXCEPT FOR WORKSHOPS, SPECIAL FUNCTIONS, OR BY APPT.)

SUNDAY ----------CLOSED

JOIN US SATURDAY, APRIL 12TH FOR A WEALTH OF ENLIGHTENING AND ENJOYABLE LEARNING EXPERIENCES TO ADD TO YOUR AWARENESS.

PSYCHIC ENERGY CENTER READERS WILL BE ON HAND FROM 12:00 NOON TO 8:00 PM TO SHARE THEIR WISDOM AND INSIGHTS THROUGH 15-MINUTE "MINI" READINGS OFFERED AT BARGAIN PRICES.

SUPER-SAVER PSYCHIC READINGS:

* NUMEROLOGY
* ASTROLOGY
* TAROT READINGS
* PSYCHIC CHANNELING
* PALMISTRY
* RUNES
* TEA LEAF READINGS
* REFLEXOLOGY

DATE : SATURDAY, APRIL 12
TIME : 12:00 NOON - 8:00 PM
PLACE: THE PSYCHIC ENERGY CENTER

Special Announcements

THE PSYCHIC ENERGY CENTER IS PROUD TO ANNOUNCE A NEW ACQUISITION FOR YOUR FUTURE ENJOYMENT OF ALL VIDEO PROGRAMS------ A BIG SCREEN TV !!

DUE TO THE FANTASTIC RESPONSE TO THE "RAMTHA" VIDEOS, THE CENTER IS EXPERIENCING AN OPPORTUNITY FOR GROWTH IN THE AREA OF AVAILABLE PARKING. IF YOU FIND IT NECESSARY TO PARK ON THE SIDE STREETS NEAR THE CENTER PLEASE PARK ALL CARS ON ONE SIDE OF THE STREET ONLY. THE STREETS ARE NARROW AND CANNOT ACCOMMODATE PARKING ON BOTH SIDES.

IF AT ALL POSSIBLE, TRY TO SHARE A RIDE WITH A FRIEND OR FRIENDS. THANK YOU FOR YOUR CONSIDERATION.

Classes

PLEASE REGISTER IN ADVANCE

MEDICISE

Offered by AUDREY SKEEN
And Friends (Hmn, Am, Jasmine)

THIS EXERCISE CLASS IS DESIGNED FOR THE TOTAL YOU. WE COMBINED MEDITATION AND EXERCISE TO BALANCE OUR PHYSICAL, MENTAL AND SPIRITUAL BEINGS.

THROUGH MEDITATION YOU WILL VISUALIZE THE YOU, YOU WANT TO BECOME. BALANCE IS THE KEY TO ALL.

THROUGH EXERCISE, DANCE AND LAUGHTER, WE WILL EXPERIENCE TONING OUR BODIES, WHILE ENJOYING THE MENTAL STATE OF JOY AND HARMONY.

JOIN US AS YOU BECOME THE BEAUTIFUL, BALANCED YOU THAT IS WITHIN US ALL, FOR WE ARE ALL ONE.

DATE: MON., WED., & FRI. MARCH 17 - APRIL 25
TIME: 12:00 NOON - 1:00 OR 1:15 P.M.
FEE : $30.00 (SIX WEEKS) 1,2 OR 3 TIMES A WEEK FOR THE SAME FEE.

RAMTHA - THE HUMAN DRAMA SERIES

A RETURN ENGAGEMENT! SO THAT MORE PEOPLE MAY HAVE THE OPPORTUNITY TO VIEW THESE OUTSTANDING VIDEOS, THE PSYCHIC ENERGY CENTER WILL REPEAT THE SHOWINGS DURING THE DAYTIME.

TAPE ONE: "CREATION"

TAPE TWO: "ON THE HUMAN EXPERIENCE"

TAPE THREE: "THE WHEEL OF LIFE"

TAPE FOUR: "ONWARD INTO FOREVER"

DATE: TUESDAYS, MARCH 11 - APRIL 1
TIME: 12:00 NOON - 2:00 PM
FEE : $5.00 PER TAPE ($20.00 FOR THE SERIES)
SPECIAL NOTE:
THE COST OF VIEWING HAS BEEN INCREASED TO HELP DEFRAY THE COST OF A BIG SCREEN TV PURCHASED BY THE CENTER.

*** VIP PROFILE ***

IRIS CHAREST HAS BEEN DEEPLY INVOLVED IN KNOWING AND HEALING HERSELF AND OTHERS FOR THE LAST SIX YEARS. SHE STUDIED AURA HEALING, MEDITATION, AND DEVELOPED HER CLAIRVOYANT ABILITIES AT THE CHURCH OF DIVINE MAN. SHE GIVES SPIRITUAL READINGS, INCLUDING LOOKING AT PAST LIVES AND PAST RELATIONSHIP INVOLVEMENTS.

IRIS ALSO HAS HAD EXTENSIVE TRAINING AS A REBIRTHER WITH LEONARD ORR, JIM LEONARD AND PHIL LAUT. SHE USES HER CLAIRVOYANT ABILITIES TO HELP HER REBIRTHING CLIENTS GET IN TOUCH WITH PAST EXPERIENCES.

SHE IS A MINISTER OF LIGHT AND ENJOYS HEALING ON ALL LEVELS. IRIS, ALONG WITH HER HUSBAND, ALSO OFFERS SEMINARS ON NEW AGE RELATIONSHIPS.

IRIS HAS BEEN TEACHING INNER AWARENESS, AURA HEALING AND RELATIONSHIP CLASSES AND GIVING REBIRTHING SEMINARS FOR THE PAST THREE YEARS.

AURA HEALING

Offered by IRIS CHAREST

YOU HAVE MANY BODIES--THE PHYSICAL BODY BEING THE SLOWEST VIBRATION. YOU EXPERIENCE THE EFFECTS (IN YOUR PHYSICAL BODY) OF WHAT YOU ARE EXPERIENCING IN YOUR OTHER BODIES (EMOTIONAL, MENTAL, AND SPIRITUAL).

WHEN THESE SEVERAL BODIES ARE OUT OF BALANCE WITH ONE ANOTHER WE EXPERIENCE DISCOMFORT AND "DIS-EASE". OUR RESPONSIBILITY TO KNOW OURSELVES INCLUDES UNDERSTANDING HOW TO ALIGN THESE BODIES AND TO CREATE A VEHICLE FOR EXPERIENCING HEAVEN ON THIS EARTH.

IN THIS SIX-WEEK COURSE YOU WILL:

---> LEARN HOW TO HEAL THESE OTHER BODIES AND KEEP YOUR PHYSICAL BODY HEALTHY

---> BECOME MORE AWARE OF YOURSELF AS A LARGER "BEING"

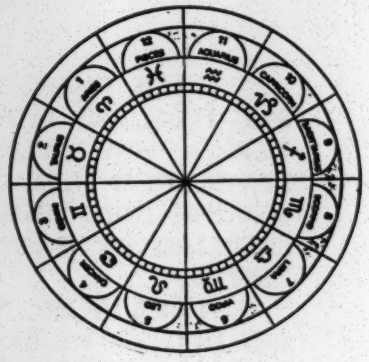
---> "FEEL" YOUR AURA

---> "SENSE" THE ENERGY THAT CAUSES PHYSICAL DISCOMFORT

---> ASSIST IN THE AURA HEALING OF ANOTHER PERSON

---> LEARN HOW TO SEVER THE CONNECTIONS THAT KEEP YOU FROM EXPERIENCING UNCONDITIONAL LOVE

DATE: MONDAYS, MARCH 10 - APRIL 14
TIME: 7:00 PM - 9:00 PM
FEE : $25.00 (SIX WEEKS)



ASTROLOGY II: ASPECTS

Offered by ROSA

BEGINNING ASTROLOGY GAVE YOU THE STRUCTURE OR SKELETON OF THE ASTROLOGICAL SYSTEM; HOWEVER, THE ASPECTS ARE THE MUSCLES AND SINEW OF ASTROLOGY. ASPECTS CAUSE ASTROLOGY TO MOVE AND LIVE. THEY ARE THE RELATIONSHIP OF THE PLANETS TO EACH OTHER; WITHIN THE NATAL CHART; AND BETWEEN YOUR CHART AND THAT OF ANOTHER.

TOPICS TO BE PRESENTED DURING THE COURSE INCLUDE: TYPES OF ASPECTS, PLANETARY PATTERNS, HOUSE AND SIGN EMPHASIS, AND THE MOON'S PHASES RELATING TO ASPECTS. JOIN ROSA AS SHE BRINGS THE FASCINATING SCIENCE OF ASTROLOGY TO LIFE!

DATE: TUESDAYS, MARCH 11 - APRIL 15
TIME: 7:00 PM - 9:00 PM
FEE : $25.00 (SIX WEEKS)

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TAI CHI CHUAN

Offered by RICHARD D. FRASIER

ALL AGES ARE WELCOME TO COME AND LEARN THE SLOW, RELAXING TAI CHI CHUAN. IT IS A FORM OF EXERCISE WHICH CAN BE USED TO IMPROVE HEALTH, TO AID IN MEDITATION, FOR SELF-DEFENSE, OR JUST TO HELP THE BODY FEEL ALIVE, LIMBER, REFRESHED AND READY TO GO. THIS BENEFICIAL EXERCISE CAN (AND SHOULD) BE PRACTICED BY ALL, INCLUDING THE ELDERLY OR HANDICAPPED.

FOR THE BEGINNING AND ADVANCED STUDENT, THIS CLASS WILL INCLUDE AN INTRODUCTION TO TAI CHI AND REVEAL HOW IT CAN BECOME PART OF YOUR EVERYDAY LIFE. WHATEVER YOUR LIFESTYLE, TAI CHI CAN FIT RIGHT IN AND BECOME A REGULAR PART OF YOUR DAY AND YOU WILL BENEFIT BY REGAINING BALANCE, TONE, VITALITY AND YOUTHFULNESS!

DATE: TUESDAYS, MARCH 11 - APRIL 15
TIME: 7:30 PM - 9:00 PM
FEE : $25.00 (SIX WEEKS)

HATHA YOGA

Offered by MARC HAMMER

YOGA IS THE OLDEST SCIENCE OF PERSONAL DEVELOPMENT KNOWN, DATING TO AT LEAST 3,000 B.C. HATHA YOGA IS THAT BRANCH OF YOGA WHICH DEALS WITH THE HEALTH OF THE BODY AND MIND. IT WAS FOUNDED ON THE TRUTH THAT THE BODY IS, INDEED, THE TEMPLE OF THE LIVING SPIRIT.

THIS COURSE WILL FOCUS ON THE POSTURES AND BREATHING EXERCISES WHICH STRENGTHEN, TONE, AND PURIFY THE BODY AND MIND, WITH EMPHASIS ON PREPARATION FOR DEEP RELAXATION AND MEDITATION.

MARC HAMMER HAS PRACTICED AND TAUGHT HATHA YOGA SINCE 1978. HE IS A GRADUATE OF CENTRAL WASHINGTON UNIVERSITY WHERE HE MAJORED IN PHILOSOPHY AND RELIGIOUS STUDIES.

DATE: WEDNESDAYS, MARCH 12 - APRIL 16
TIME: 7:00 PM - 8:30 PM
FEE : $25.00 (SIX WEEKS)
SPECIAL NOTE - BEGINNING AND CONTINUING STUDENTS WELCOME.

CHANNELING III

Offered by JO SIMMONS AND HAMEN

A CONTINUING EXPLORATION OF OTHER REALMS AND OUR RELATIONSHIPS WITH OUR PALS THERE. YOUR OWN PALS WILL HAVE THE OPPORTUNITY TO SHARE THEIR KNOWLEDGE AND SKILLS WITH THE CLASS.

DATE: THURSDAYS, MARCH 13 - APRIL 17
TIME: 5:30 PM - 7:00 PM
FEE : $35.00 (SIX WEEKS)
SPECIAL NOTE -- For students who have already completed Channeling I & II

CHANNELING YOUR HIGHER SELF

Offered by JO SIMMONS AND HAMEN

LEARN HOW TO MAINTAIN A STRONG RELATIONSHIP WITH YOUR HIGHER SELF. INCREASE YOUR COMMUNICATION WITH THIS WISE AND LOVING PART OF YOU. STRENGTHEN YOUR LOVE WITHIN, FROM WHICH ALL LOVE AND UNDERSTANDING FLOWS. ENHANCE YOUR ABILITY TO EXERCISE YOUR HIGHER SELF IN PRESENT LIFE SITUATIONS AND RELATIONSHIPS.

DATE: FRIDAYS, MARCH 14 - APRIL 18
TIME: 5:30 PM - 7:00 PM
FEE : $35.00 (SIX WEEKS)

Seminars & Workshops

PLEASE REGISTER IN ADVANCE

KIRLIAN PHOTOGRAPHY

Offered by RANDY HIATT

JOIN RANDY HIATT (DIRECTOR OF KIRLIAN PHOTOGRAPHIC RESEARCH, SEATTLE) FOR A STIMULATING DISCUSSION AND SLIDE PRESENTATION ON BIO-ENERGY PHOTOGRAPHY. LEARN OF ITS MANY USES IN THE FIELDS OF MEDICINE AND MEDICAL DIAGNOSIS, BIOLOGICAL AND PSYCHOLOGICAL STUDIES, METALLURGY, AGRICULTURE, AND CRIMINOLOGY. SEE HOW POSITIVE THINKING AND LOVE CAN BALANCE YOU AND YOUR ENVIRONMENT. ALL PARTICIPANTS WILL RECEIVE THREE COLOR PHOTO ENLARGEMENTS OF THEIR FINGER-TIP. THESE WILL INCLUDE ONE NEUTRAL PHOTO BEFORE THE LECTURE AND TWO CONDITIONED PHOTOS AFTER THE LECTURE. YOU WILL ALSO RECEIVE SUPPORTING MATERIALS AND FOR THOSE INTERESTED IN FURTHER STUDY AND CONSTRUCTION PLANS, AN EXCELLENT BOOK LIST.

DATE: SATURDAY, MARCH 8
TIME: 12:00 NOON - 4:00 PM
FEE : $25.00

*** VIP PROFILE ***

RANDY HIATT, HAVING A PROFESSIONAL BACKGROUND IN MUSIC AND ART HAS CARRIED OVER THIS CREATIVE APPROACH TO LIFE IN THE FIELDS OF SCIENCE/PHYSICS, METAPHYSICS AND PARAPSYCHOLOGY.

HE IS CURRENTLY CONDUCTING EXPERIMENTS IN THE FIELDS OF HEALTH, HEALING AND THOUGHT CONTROL. "THE KIRLIAN PHOTOGRAPHS SHOW THE EFFECTS OF DIS-EASE/STRESS, POSITIVE/NEGATIVE THOUGHTS, AND HEALING ON AN OBJECTS BIOENERGY." "KIRLIAN PHOTOGRAPHY IS PROVING ITSELF TO BE A TOOL FOR THE FUTURE."

RANDY'S INTERESTS IN THESE FIELDS HAVE BEEN WITH HIM AS LONG AS HE CAN REMEMBER, QUOTE "I'VE ALWAYS HAD A DRIVE TO EXPLAIN THE UNEXPLAINED". TRAVELING THE U.S. AND CANADA, LECTURING AND SHARING WITH RESEARCHERS HAS BEEN A MAJOR HIGHLIGHT IN HIS LIFE. THIS ENTHUSIASM WILL BE FELT BY ALL WHO ATTEND, SO COME AND EXPLORE YOUR OWN PERSONAL CONNECTION TO THIS VALUABLE INFORMATION.

CHANNELING I

Offered by JO SIMMONS, HAMEN AND KIM

WE ALL HAVE GUIDES (FRIENDS) IN OTHER REALMS WHO WANT TO SHARE THEIR KNOWLEDGE AND LOVE WITH US. THIS WORKSHOP WILL ASSIST YOU IN DEVELOPING YOUR RELATIONSHIP WITH THESE FRIENDS. PARTICIPANTS WILL INCLUDE THOSE WHO HAVE NEVER KNOWINGLY COMMUNICATED WITH GUIDES, AND THOSE WHO ARE EXPERIENCED IN THIS COMMUNICATION AND WANT TO FURTHER DEVELOP THESE RELATIONSHIPS. YOUR NON-PHYSICAL FRIENDS WILL ALSO BE ATTENDING.

THE INSTRUCTOR, JO, AND FRIENDS HAMEN AND KIM, WILL GIVE PARTICIPANTS SOME SPECIFIC INFORMATION ABOUT THEIR FRIENDS.

DATE: SATURDAY, MARCH 15
TIME: 12:00 NOON - 7:00 PM
FEE : $35.00
(Bring a sack lunch, coffee and tea provided)

HATHA YOGA INTENSIVE

Offered by MARC HAMMER
And Guest Instructor LINDA BOUDREAU SMITH

THIS INTENSIVE WORKSHOP WILL FOCUS ON POSTURES, BREATH AWARENESS, VISUALIZATION, MEDITATION AND MASSAGE. OPEN TO THOSE WITH PRIOR HATHA YOGA EXPERIENCE OR BY PERMISSION FROM THE INSTRUCTOR.

MARC WILL BE ASSISTED BY HIS GUEST INSTRUCTOR, LINDA BOUDREAU SMITH, NATIONALLY RECOGNIZED CO-AUTHOR OF YOGA FOR A NEW AGE, AND MASSAGE THERAPIST.

THERE WILL BE A LIMIT OF 12 PARTICIPANTS, SO PLEASE SIGN UP EARLY.

DATE: SATURDAY, MARCH 22
TIME: 10:00 AM - 5:30 PM (1 1/2 hr lunch)
FEE : $25.00
(Bring a sack lunch, coffee and tea provided)

MA

SUNDAY	MONDAY	TUESDAY	WEDN
2	3	4	5
9	10 7:00PM - 9:00PM - - Aura Healing	11 12:00Noon-2:00PM - "Ramtha- Creation" 7:00PM - 9:00PM - - Astrology II 7:30PM - 9:00PM - - Tai Chi Chuan	12 7:00PM - 8 - Hatha Y
16	17 12:00Noon - 1:00PM- - Medicise 7:00PM - 9:00PM - - Aura Healing	18 12:00Noon-2:00PM "Ramtha - The Human Experience" 7:00PM - 9:00PM - - Astrology II 7:30PM - 9:00PM - - Tai Chi Chuan	19 12:00Noon - - Medicis 7:00PM - 8 - Hatha Y
23 30	24 12Noon-1:00PM Medicise 7:00-9:00PM Aura Healing 12Noon Medicise 7:00PM-9:00PM 31 - Aura Healing	25 12:00Noon-2:00PM "Ramtha - The "Wheel Of Life" 7:00PM - 9:00PM - - Astrology II 7:30PM - 9:00PM - - Tai Chi Chuan	26 12:00Noon - - Medicise 7:00PM - 8: - Hatha Y

APR

SUNDAY	MONDAY	TUESDAY	WEDNE
		1 12:00Noon-2:00PM "Ramtha - Onward Into Forever" 7:00PM - 9:00PM - - Astrology II 7:30PM - 9:00PM - - Tai Chi Chuan	2 12:00Noon - - Medicise 7:00PM - 8:3 - Hatha Yog
6	7 12:00Noon - 1:00PM - Medicise 7:00PM - 9:00PM - - Aura Healing	8 7:00PM - 9:00PM - - Astrology II 7:30PM - 9:00PM - - Tai Chi Chuan	9 12:00Noon - - Medicise 7:00PM - 8:3 - Hatha Yog
13	14 12:00Noon - 1:00PM - Medicise 7:00PM - 9:00PM - - Aura Healing	15 7:00PM - 9:00PM - - Astrology II 7:30PM - 9:00PM - - Tai Chi Chuan	16 12:00Noon - - Medicise 7:00PM - 8:3 - Hatha Yog
20	21 12:00Noon - 1:00PM - - Medicise	22	23 12:00Noon - - Medicise
27	28	29	30

MARCH

EDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1
	6	7	8 12:00 Noon-4:00PM - "Kirlian Photography"
PM - 8:30PM - atha Yoga	13 5:30PM - 7:00PM - - Channeling III 7:30PM - Psychic Circle - "Medicise"	14 5:30PM - 7:00PM - - Higher Self 7:11PM - 9:30PM - - Rap Session - "Akashic Records"	15 12:00Noon - 7:00PM - - "Channeling I"
0Noon - 1:00PM- edicise 0PM - 8:30PM- atha Yoga	20 5:30PM - 7:00PM - - Channeling III	21 12:00Noon-1:00PM - Medicise 5:30PM - 7:00PM - - Higher Self 7:11PM - 9:30PM - - Rap Session - "Jonathon L. Seagull"	22 10:00AM - 5:30PM - - "Hatha Yoga Intensive"
0Noon - 1:00PM- edicise PM - 8:30PM - atha Yoga	27 5:30PM - 7:00PM - - Channeling III	28 12:00Noon-1:00PM - Medicise 5:30PM - 7:00PM - - Higher Self 7:11PM - 9:30PM - - Rap Session - "Soul Mates"	29 10:00AM - 1:00PM - - "Taoism" 10:00AM - 4:00PM - - "Crystal Healing"

APRIL

DNESDAY	THURSDAY	FRIDAY	SATURDAY
oon - 1:00PM - icise - 8:30PM - ha Yoga	3 5:30PM - 7:00PM - - Channeling III	4 12:00Noon-1:00PM - Medicise 5:30PM - 7:00PM - - Higher Self 7:11PM - 9:30PM - - Rap Session - "Reiki"	5 1:00PM - 6:00PM - "Healing Karmic Scars"
oon - 1:00PM - icise - 8:30PM - ha Yoga	10 5:30PM - 7:00PM - - Channeling III 7:30PM- Psychic Circle - "Waldorf Education"	11 12:00NOON-1:00PM - Medicise 5:30PM - 7:00PM - - Higher Self 7:11PM - 9:30PM - - Rap Session - "Prosperity For 1986"	12 12:00Noon - 8:00PM - "SUPER SAVER READERS DAY"
oon - 1:00PM - icise - 8:30PM - ha Yoga	17 5:30PM - 7:00PM - - Channeling III	18 12:00Noon-1:00PM - Medicise 5:30PM - 7:00PM - - Higher Self 7:11-9:30PM - Rap Session-"Parenting The New Age Child"	19 12:00Noon - 7:00PM - " Channeling II "
Noon - 1:00PM - dicise	24	25 12:00Noon - 1:00PM - - Medicise	26 10:00AM - 1:00PM - "Christianity"

CRYSTAL HEALING WORKSHOP

Offered by GARY and CYNDI DAVIS

WE ARE HAPPY TO PRESENT SPIRITUAL HEALERS GARY AND CYNDI DAVIS WHO WILL SHARE THEIR KNOWLEDGE ON CRYSTALS. GARY AND CYNDI HAVE JUST RETURNED FROM A FOUR STATE TOUR THROUGH THE WESTERN STATES.

THIS WORKSHOP WILL COVER THE BASICS OF CRYSTALS:

1. HOW TO PURCHASE YOUR CRYSTALS
2. HOW TO CLEAN CRYSTALS
3. HOW YOU CAN TUNE INTO YOUR CRYSTALS
4. HOW TO USE YOUR CRYSTALS

OTHER TOPICS WILL COVER - HOW CRYSTALS GROW, WHERE THEY ARE FOUND AND THE MANY MYTHS ABOUT CRYSTALS.

REGISTER NOW FOR A VERY EXCITING WORKSHOP! IF YOU PAY YOUR FEE BEFORE THE WORKSHOP DAY, YOU WILL RECEIVE A $5.00 DISCOUNT.

DATE: SATURDAY, MARCH 29
TIME: 10:00 AM - 4:00 PM
FEE : $35.00 ($30.00 IF PREPAID)
(Bring a sack lunch, coffee and tea provided)

"HEALING KARMIC SCARS"

Offered by JO SIMMONS AND KIM

WE ALL HAVE KARMIC SCARS FROM PAINFUL PAST LIFE EXPERIENCES WHICH AFFECT US TODAY. KARMIC SCARS MAY AFFECT OUR PRESENT RELATIONSHIPS, EMOTIONS, HEALTH AND LIFE CHOICES. WE WILL LEARN WAYS TO ASSIST THE HEALING PROCESS AND REDUCE THE NEGATIVE EFFECTS WHICH KARMIC SCARS HAVE ON OUR LIVES. THE WORKSHOP WILL FOCUS ON HELPING PARTICIPANTS HEAL THEIR SCARS, BUT WILL ALSO BE USEFUL FOR THOSE WHO WISH TO HELP OTHERS HEAL. PAST LIFE REGRESSION AND CHANNELING WILL BE USED IN THE WORKSHOP. KIM IS A KARMIC HEALER CHANNELED BY JO.

DATE: SATURDAY, APRIL 5
TIME: 1:00 PM - 6:00 PM
FEE : $35.00

CHANNELING II

Offered by JO SIMMONS AND HAMEN

THOSE OF YOU WHO HAVE COMPLETED CHANNELING I ARE INVITED TO CONTINUE IN THE DEVELOPMENT OF YOUR RELATIONSHIP WITH NON-PHYSICAL "FRIENDS". ALSO, WE WILL FURTHER EXPLORE TOPICS OF INTEREST WHICH HAVE ARISEN FROM CHANNELING I - UNDERSTANDING "BETWEEN LIFE" EXPERIENCE, WAYS YOU CHANGE AND REMAIN THE SAME AFTER LEAVING THE BODY, AND DEVELOPING SPECIFIC SKILLS THROUGH CHANNELING - TO NAME A FEW.

YOUR SUGGESTIONS OF TOPICS FOR CHANNELING II ARE WELCOME. PLEASE WRITE YOUR SUGGESTIONS AND SEND THEM TO JO AND HAMEN AT THE CENTER.

DATE: SATURDAY, APRIL 19
TIME: 12:00 NOON - 7:00 PM
FEE : $35.00
(Bring a sack lunch, coffee and tea provided)

ANNOUNCING

DUE TO THE GROWTH OF MY PRIVATE PRACTICE AT THE CENTER, I AM NOW AT THE CENTER FULL TIME! I AM AVAILABLE WEDNESDAY THROUGH SATURDAY FOR COUNSELING, CHANNELING, PAST LIFE REGRESSIONS, NUMEROLOGY READINGS, CLASSES AND WORKSHOPS. I WOULD LIKE TO EXPRESS MY APPRECIATION TO CLIENTS, STUDENTS, THOSE WHO HAVE REFERRED OTHERS TO ME, AND GENERALLY TO ALL FOR THEIR SUPPORT AND ENCOURAGEMENT. A SPECIAL THANKS TO RUTH SODERSTROM, AUDREY SKEEN, ODIS SIMMONS, AND MY OUT-OF-BODY FRIENDS, PARTICULARLY "HAMEN" AND "KIM" , FOR THEIR GREAT LOVE AND ASSISTANCE.

JO SIMMONS

Coming Events

PSYCHIC CIRCLE MEETINGS

PSYCHIC CIRCLE MEETINGS ARE HELD AT THE CENTER ON THE SECOND THURSDAY OF EACH MONTH AT 7:30 PM. EACH MEETING FEATURES A BRIEF TIME FOR ANNOUNCEMENTS, AN INTERESTING GUEST SPEAKER, AND REFRESHMENTS. WE HAVE NO MEMBERSHIP REQUIREMENTS AND ALL ACTIVITIES ARE OPEN TO THE PUBLIC. EVERYONE IS WELCOME!
(LOVE OFFERINGS APPRECIATED).

MARCH 13 - GUEST SPEAKER: AUDREY SKEEN
TOPIC: "MEDICISE" - MEDITATION AND EXERCISE

APRIL 10 - GUEST SPEAKER: BILL BRYANT
TOPIC: "SPIRITUAL BACKGROUND TO WALDORF EDUCATION"

RAP SESSIONS

(FRIDAYS AT 7:11 PM - 9:30 PM)

OUR FRIDAY EVENING RAP SESSIONS ARE A TIME OF INFORMAL LEARNING AND SHARING DESIGNED WITH YOU IN MIND! EXPAND YOUR AWARENESS, SHARE YOUR INSIGHTS, AND GROW IN FRIENDSHIP AND WISDOM.
(DONATION: $3.00 - THANK YOU!)

MARCH 14 - "AKASHIC RECORDS"
MODERATOR: LINDA SCHEFFER

MARCH 21 - "JONATHAN LIVINGSTON SEAGULL"
MODERATOR: RUTH SODERSTROM

MARCH 28 - "SOUL MATES"
MODERATOR: JO SIMMONS

APRIL 4 - "REIKI"
MODERATOR: DAVID LYDDFORD

APRIL 11 - "MOTIVATION FOR PROSPERITY IN 1986"
MODERATOR: TOM FOLK

APRIL 18 - "PARENTING THE NEW AGE CHILD"
MODERATOR: AUDREY SKEEN

News & Notes

COMING SOON FOR YOUR VIEWING PLEASURE - THE CENTER HAS ORDERED ANOTHER SERIES OF "RAMTHA" VIDEOS ENTITLED SOUL MATES. THE NEW SERIES WILL CONSIST OF SIX TAPES TO BE SHOWN SOMETIME NEXT TERM. WATCH YOUR NEXT NEWSLETTER FOR THIS EXCITING EVENT.

METAMORPHOSIS NEWSLETTER

IT IS IMPORTANT TO US THAT YOU ARE RECEIVING YOUR COPY OF THE METAMORPHOSIS IN A REGULAR AND TIMELY MANNER. IF NOT, PLEASE CALL THE CENTER AT 473-0976 AND WE'LL CHECK TO BE SURE WE HAVE YOUR CORRECT ADDRESS. IF YOU'RE NOT ON OUR MAILING LIST AND WOULD LIKE TO BE, ALL YOU NEED DO IS CALL.

Linda Scheffer

LINDA ANN EASTHAM SCHEFFER USES CHANNELING FROM THE HIGHEST SOURCE FOR CONFIRMATION, COUNSELING, HEALING, FINDING BODY RHYTHMS AND OTHER FINE WAYS OF NUTURING AND EXPRESSING A LIFE DIRECTED BY SPIRIT.

PLEASE CALL 754-7077 FOR AN APPOINTMENT.

WHILE I LIVE AND WORK IN OLYMPIA, I CAN EASILY SCHEDULE APPOINTMENTS IN THE GREATER SEATTLE-TACOMA AREA.

MY FEE IS $65.00 FOR A 1-2 HOUR SESSION.

(PAID ADVERTISEMENT)

NEWSLETTER ADS

HELP US TO HELP YOU ADVERTISE YOUR SERVICES. OUR MAILING LIST NOW INCLUDES OVER 1,000 PEOPLE AND IS GROWING. PLEASE CALL THE CENTER TODAY (473-0976) FOR OUR RATES AND TO RESERVE SPACE IN THE NEXT ISSUE OF METAMORPHOSIS.

Special Services

INCREASE YOU AWARENESS

PERSONAL COUNSELING AND READINGS ARE AVAILABLE AT THE CENTER EACH WEEK. CALL 473-0976 FOR AN APPOINTMENT.

NUMEROLOGY & PSYCHIC CHANNELING
by Jo Simmons, M.A.....$35

REGRESSIONS
by Jo Simmons, M.A.....$45

PROFESSIONAL COUNSELING
by Jo Simmons, M.A....(Sliding scale fee)

TAROT READINGS
by Elva May (Wednesdays).....$45

TAROT & ASTROLOGY READINGS
by Rosa (Mondays & Tuesdays).....$25

TAROT, PALMISTRY & NUMEROLOGY READINGS
by Teresa Cornett (Mon. & Fri.).....$25

TAROT, COLOUR & NUMEROLOGY READINGS
by Dorothy Lynn (Dolly Donovan).....$25

TAROT READINGS AS A KEY TO INNER AWARENESS
by Joyce Neuman (Mon. aftern. & eves.)
.....$25

SPECIAL NOTE: All Readings Include a Cassette.

PEC BOOK & GIFT SHOP

COME IN AND VISIT OUR GROWING BOOK & GIFT SHOP! WE OFFER A VARIETY OF TAPES, BOOKS AND CARDS FOR YOU TO SELECT FROM. WE ALSO FEATURE SOME INTERESTING GIFT ITEMS -- SOME OF THEM HAND CRAFTED BY TALENTED FRIENDS OF THE CENTER. IF YOU DON'T SEE A PARTICULAR BOOK OR ITEM YOU ARE LOOKING FOR, JUST ASK AND WE WILL DO OUR BEST TO ORDER IT FOR YOU.

BOOK & GIFT SHOP HOURS

10:00 AM -- 9:00 PM
MONDAY -- FRIDAY

12:00 NOON -- 6:00 PM
SATURDAYS

CLOSED SUNDAYS

Inspirations

HERE I AM!

RIGHT NOW!

There is only this moment

There is no other time

Experience it fully

Feel it, taste it, do it,

Use it any way you choose, but USE IT !

Don't tie it to other moments,

past or present.

It is separate,

It is complete in itself.

IT NEEDS NO ASSISTANCE!

Don't trap yourself in the past or the future

NOW is enough

Now is all there is

ENJOY it

BE

GROW

LIVE

Lynn

The Book Corner

READ A BOOK . . . READ TWO!!!

COMPANIONS IN SPIRIT

A GUIDE TO WORKING WITH YOUR SPIRIT HELPERS

BY LEAH MAGGIE GARFIELD
AND JACK GRANT

A WARM, INTRIGUING HOW-TO BOOK ON COMMUNICATING WITH YOUR SPIRIT FRIENDS. STRAIGHTFORWARD IN EXPLANATION AND EXACT IN METHOD.

TOGETHER, LEAH GARFIELD AND JACK GRANT HAVE TAKEN INTIMATE, INFORMATIVE EXPERIENCES AND EXPRESSED THEM IN A SUPERBLY ANALYTICAL WAY. THE AUTHORS HAVE COMBINED THEIR TALENTS TO MAKE ENJOYABLE READING OUT OF A WELL DEFINED PROCEDURE.

> "EVERYTHING YOU KNOW ABOUT INTERACTING WITH OTHER PEOPLE APPLIES TO WORKING WITH GUIDES. IT'S A RELATIONSHIP, AND IT REFLECTS ALL THE MANY FACETS OF YOUR HUMAN RELATIONSHIPS - MARRIAGE, FRIENDSHIP, FAMILY ARRANGEMENT, BUSINESS ASSOCIATION."

EVERYONE FROM BEGINNER TO MASTER WILL FIND COMPANIONS IN SPIRIT LENDS CLARITY, INSIGHT AND CONFIRMATION.

COMPANIONS IN SPIRIT IS UNPARALLELED BY ANYTHING I HAVE READ ON DEVELOPING AND EVOLVING INTERRELATIONSHIPS WITH OUR SPIRIT FAMILY. I WOULD STRONGLY RECOMMEND IT AS A "NEW AGE" MANUAL FOR ANYONE DESIRING TO BECOME MORE CLOSELY INVOLVED WITH THEIR SPIRIT COMPANIONS.

TERESA CORNETT

Creative Corner

WHAT PEACE MEANS TO ME

by CHRISTINE SKEEN

WHAT PEACE MEANS TO ME IS LOVE AND FRIENDSHIP. LOVE IS WHEN YOU CARE AND SHARE YOUR IDEAS, FEELINGS AND PROBLEMS WITH ONE ANOTHER AND YOU MAY SOLVE YOUR PROBLEMS. FRIENDSHIP IS TWO OR MORE PEOPLE THAT SHARE THEIR IDEAS OR HELP WHEN NEEDED.

MARTIN LUTHER KING, JR. WAS A MINISTER. HE THOUGHT FREEDOM AND PEACE WERE A WAY OF HAVING FRIENDSHIP AND LOVE. HE ALSO HAD A DREAM THAT EVERY MAN, WOMAN, AND CHILD - WHITE OR BLACK - SHOULD HOLD HANDS IN PEACE NOT WAR. ABRAHAM LINCOLN AND JOHN F. KENNEDY ALSO BELIEVED SOME DAY PEACE WOULD COME OVER THE WORLD. AS PEOPLE SPEAK OF JESUS IN CHURCH THEY ALSO SPEAK OF HIM BRINGING PEACE TO THE WORLD.

PEOPLE WISH TO HAVE PEACE IN THE WORLD BUT BEFORE THERE CAN BE PEACE IN THE WORLD WE MUST FIND PEACE WITHIN OURSELVES. WE MUST LEARN TO LOVE OURSELVES AND THEN SHARE THAT LOVE WITH OTHERS.

****

CHRISTINE SKEEN WHO WROTE THE ABOVE ESSAY, IS IN THE FIFTH GRADE AT LAKEVIEW GRADE SCHOOL. SHE WON A FIRST PLACE AWARD IN HER GRADE AND FROM THE P.T.A. FOR THIS COMPOSITION WHICH WAS WRITTEN FOR MARTIN LUTHER KING'S BIRTHDAY .THANK YOU, CHRISTINE, FOR SHARING THIS BEAUTIFUL ESSAY WITH US.

J U D G I N G

I DREAMED DEATH CAME THE OTHER NIGHT;
AND HEAVEN'S GATES SWUNG WIDE.
WITH KINDLY GRACE AN ANGEL
USHERED ME INSIDE.

AND THERE, TO MY ASTONISHMENT,
STOOD FOLKS I'D KNOWN ON EARTH.
SOME I'D JUDGED AND LABELED
UNFIT OR OF LITTLE WORTH.

INDIGNANT WORDS ROSE TO MY LIPS,
BUT NEVER WERE SET FREE
FOR EVERY FACE SHOWED STUNNED SURPRISE...
NO ONE EXPECTED ME!!

AUTHOR UNKNOWN

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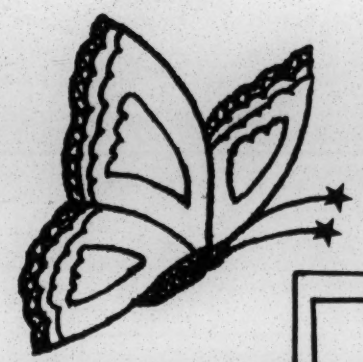

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Only the cocoon is damaged;
The Butterfly will emerge unscathed.
Ruth Soderstrom